

Minden Progress

NO. 486

THURSDAY, FEBRUARY 8, 1973

Subscription \$3.00

10c Per Copy

Many Attend Re-organized Minden Cub Pack Investiture

Friday evening January 19th was the occasion of a very special gathering in the gymnasium of Archie Stouffer School. Some 65 parents were in attendance to watch the investiture of 28 boys of the newly re-organized First Minden Cub Pack. After brief opening ceremonies Father Andrew Hutchison spoke on behalf of the sponsoring body, St. Paul's Church, congratulating the boys who were about to be invested and wishing them many profitable years in scouting. He also gave a vote of appreciation to Don Blakely and Mike Legge, the two adult leaders who have been working most effectively with the Cub Pack since its re-organization last fall.

Following the opening prayers the boys came forward one by one, gave the cub salute, repeated from memory the Cub Law and Promise and were invested with the familiar red and blue scarves which have been worn by Cubs and Scouts since the earliest beginnings of the movement in Minden. A highlight of the evening was the

presentation of a new Wolf Cub Flag by Bill Payne, who had been Minden's last Cubmaster, together with a belt and special knife scabbard. Also in evidence was the familiar wooden wolf head of earlier days, and a brand new Canadian flag. On the Sunday following, Cub leaders Don Blake and Mike Legge accompanied the standard bearers and Cubs to St. Paul's Church where the two new flags were dedicated at the altar.

A number of boys who were late comers to the Pack have still to be invested at a later date. One boy, Steve Wrightman had previously been invested and was therefore simply received into the Minden Pack. A list of boys invested will appear in a later issue of this paper. We understand an investiture of Scouts and Venturers is to be held in the near future, and at a Church Parade to St. Paul's on February 18 for all Cubs, Scouts and Venturers new flags for the Scouts and Venturers will be dedicated.

In congratulating the boys, the adult leaders and the sponsor for their part in this program for boys in our community a tip of the hat goes to Minden Rotary Club for a \$300 grant to assist them in the expenses of their first year of operation.



Proud Cubs and Leaders are pictured above at Investiture Night. Front row from left to right are the Seconders Danny Nicholson, Andrew Feltham, Blair Learmont, Scott Arbuthnot, Paul Northey. Second row are Sixers Joe Dollo, David Pratt, Steve Wrightman, Leslie Booth, Colin Robinson. Standing at the back are Troup Leader Don Blakey and Assistant Mike Legge.

SNOWMOBILE TRIP PLANNED FOR SUNDAY

The Haliburton County Snowmobile Association will be sponsoring a snowmobile trip to Haliburton Forest and Wildlife Reserve Ltd. this coming Sunday, Feb. 11th.

The trip has been slated to leave from various points throughout the County and to arrive at Forest and Wildlife around 1 p.m. Upon arrival Pat Waddell and his staff will be set up to serve a home cooked meal in the traditional Snowmobile "Cook-out" atmosphere for the cost of \$2.00 per plate.

In order to make this trip a success it is important that snowmobilers meet at the various departure points throughout the county at the specified times.

In Minden area, 10 a.m. Fairgrounds; Haliburton, 10:30 a.m. Rotary Beach Head Lake; Dorset, 11 a.m. Old Mill Marine; Whitney, Check at Whitney Snowmobile Club; Harcourt and Cardiff, check at Cardiff Sno-Snoopers.

Note: Correction of previously advertised departure times changed from p.m. to a.m.



Troup Leaders Mike Legge and Don Blakey are pictured during ceremonies as they invest cubs.



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THE MAIDENS' VIEWPOINT !

by

Norm Maidens



Fenwick Finch dropped in on me early this week and gave me quite a going over — I'll fill you in next week. Since he moved

out to Howland Junction he's been getting pretty hard to live with.

Two or three weeks ago I noticed a letter to the Editor from Stan Briggs about the Minden water. I was going to sympathize with Stan sooner but just didn't get around to it.

Join the Club, Stan — I've been howling about the water ever since it went into the village. (However, now that I'm in "Lutterworth Pines," garden spot of the Highlands, I have no further worries — you'll have to carry on the fight.)

I used to go into the Municipal Office and lay it out for them. They were always sympathetic, and had an excuse for everything I could come up with. No matter what, the smell and brown water continued without relief.

To you Stan, I throw the "torch" you carry it with vim and vigor — you may end up frustrated, but then it will give you something to do in your spare time.

I understand there is quite a "thing" going in Minden with the boys making their own wines — apparently the finished product is quite good. Phil Graham has promised to fill me in on what's going on. When I get the full story I'll let you into the picture. Seems like the boys should form a local club similar to the "Red Cap" Club we used to have — now defunct. Incidentally I've learned that if you use the Minden water it literally "kills" your wine — this I could believe.

Fenwick told me that he has a fair tongue for wine and if anyone cares to give him a sample he would be glad to give it his seal of approval. (For what it's worth).

A word to some of our Members of Parliament, both Federal and Provincial — with the amount of time you've got on your hands based on the little you are accomplishing you could at least get your hair cut. Ye Gads it's bad enough to have "long-haired hippies" to live with but when you see the men who hold the fate of our country in their hands with long, straggly hair it makes you wonder just what we've got.

Maybe this might be a good time to throw in a joke — there ain't too much happiness in general world conditions so here goes — (with apologies to my Carnarvon friends.) This one concerns "The Finch."

At a party one night Fenwick had his eye on a small looking bit of fluff. Figuring he might make the grade, drink in hand, he walked over to the young lady, "hello there, you lovely little thing," was his opening gambit. "where have you been all my life." (Fen usually figures he can soften the fair sex up this way.) The girl gave Fenwick a cool looking over then said, "for at least the first half of it, I wasn't even born."

Drive carefully so's you're around to enjoy life. Until next week think about the poor fellow who spent a long time perfecting a whiskey toothpaste; when he had it just right he no longer had any teeth.

WINTER CARNIVAL IN PICTURES

Each year the Carnival Queen contest draws much interest and this year was no exception as Sharron Hughes walked away with the Crown, and many gifts. Each year the progress has presented a trophy to the Queen, and their name goes on a larger one which can be seen in Cox's Apparel window. Since the Progress has been putting up the silverware the winners have been Shannon Hughes 1972, Donna Berry 1971, Chris Swanton 1970, Marie Peters 1969, Bonnie Stevens 1968, Shirley Johnson 1967.



Best float in the parade went to Stedman's Store for their effort pictured above.



Peter Carroll and Karen Weiss on the right talk to interested visitors at the Fine Art Display on Carnival weekend.



Andrea Burk presents flowers to Carnival Queen Sharon Hughes. Princesses are left, Carolyn Fleming and Isobel Anderson.



Chairman of the Carnival Ed Pettinger is pictured above as he greets everyone from the stage, on his right is Andrew Hutchison, Master of ceremonies and to his left are the Carnival Queens and Reeve Reg Booth.



It takes a clown to put a happy face on a child, pictured here are members of the Brampton Clown Band, making like clowns for the kids.



The winning team of Marilyn and Earl Yakes and Helen and Watson Yakes are pictured with the Hiram Walker Curling Trophy, being presented by Tom Sheridan, and the Carnival Queens look on.



The painter Peter Carroll, and his work with two art lovers at the Guild display.



Clowns pictured here talking to children in front of the information centre.

MINDEN PROGRESS

Authorized as second class mail by the Post Office Department, Ottawa, and for payment of postage in cash.

Registration No. 0936

PUBLISHER & EDITOR - ALAN GREIR

THURSDAY, FEBRUARY 8, 1973



EDITORIALLY

with Al Greir

INCREASED ASSISTANCE

Here in Minden we have been waiting and hoping the Ontario Government would increase its subsidies for sewage projects,

well it has happened. Ontario Environment Minister James Auld announced this week that financial assistance to small municipalities for water and sewage would be increased.

In 1969, the Province of Ontario initiated the provision of financial assistance to small municipalities in the form of capital subsidies not exceeding 50 per cent of the gross capital cost of water and sewage works systems. The program has been very successful in that more than 250 projects have been developed by the Ministry of the Environment utilizing this policy.

However, there are still some municipalities, and ours is one, that would be burdened by charges exceeding the objectives of \$120 per year for sewage service.

If the Ministry is to continue with its thrust towards eliminating pollution and providing adequate safe water for public consumption, additional facilities become increasingly necessary.

To alleviate this situation, the Ontario Government has approved of an increased financial assistance policy for water and sewage works systems conducted by the Province for small municipalities. The previous limit of 50 per cent subsidization of capital costs will now be increased to 75 per cent of the capital costs of the two systems.

In order to properly reflect the inflationary trend in the cost of servicing adjustments have also been made in the objectives for typical average home charges. The new charges on which the basis of financial assistance will be determined are \$130 for sewage service, an increase of \$10 per year from the objectives established in 1969.

This increase in assistance means that many small Ontario Communities that could not previously afford to construct and operate these facilities will now be able to do so.

This expanded program again underlines the emphasis placed by the Government of Ontario and its Ministry of the Environment, on the need to guarantee that there is enough water of suitable quality for all our needs.

The only thing wrong with the entire idea here is waiting for the increased subsidy, the inflationary costs have probably gone far beyond the extra 25 per cent. However, Council here is working on the sewage system, and now with the increased subsidy, the project could start to roll.

SKYLINE INVITATIONAL BONSPIEL

The 14th annual Skyline Invitational Bonspiel concluded on Sunday, January 21, was an exciting final game between Haliburton rink skipped by Joe Iles and an Oshawa rink skipped by John Piper of Oshawa, Ontario.

The winner of the final game was John Piper of Oshawa Curling Club who received the sparkling new trophy presented by Haliburton Lumber and Enterprises Limited as well as individual trophies and portable bars presented by Haliburton Lumber and Enterprises Limited.

The winner of the second event sponsored by Curry Motors Limited was Don Clee of the Bayview Curling Club who was ably helped by a first year curler, Scotty La Rue, of Haliburton, Ontario who stood in for an ailing member of the Clee rink. The Clee rink received individual trophies and Polaroid colour cameras from Curry Motors Limited.

In the exciting race for winner of C event was a rink from the Lindsay Curling Club skipped by Bruce Glass and received the Lloyd Moore Esso trophy as well as individual trophies and sabre jig-saws presented by Lloyd Moore Esso of Haliburton, Ontario.

The Skyline was filled with 32 rinks two weeks before the draws began and could easily have accepted applications for

forty rinks if facilities had been available. The warm weather made the ice fast and the curling accurate. Most of the motels in the area were filled to capacity during the weekend and on Saturday the area were filled to capacity during the weekend and on Saturday evening, the Oshawa Club hosted an open party at the Dellhaven Hotel which was heavily attended by one and all.

Special thanks to the women of the Haliburton Curling Club under the direction of Betty Hodgson for an excellent turkey buffet on Saturday evening as well as special thanks to Jack Beachli who helped with the organization of the Bonspiel.

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KINGS TUNE-UP FOR PLAY-OFFS

The Minden Kings (Juveniles) superb goaltending of Bob Dud-tuned up for their up-coming man in the King's net. play-offs with Little Britain, by John Welch scored twice for the King's, while singles went to Sid McKeigan, Bob Arbut'not, Mike (Suds) McElwain and Wayne Harrison. Ralph McMullen scored the lone Port Carling goal.

The game was played Saturday evening at the New Community Centre before a pretty fair crowd, who were sent home happy by the fine hockey game put on by our juveniles.

Both Carling and the Kings played fast, hard hockey throughout the game and without taking anything away from the King's, the score could have been much closer but for the

John Welch scored twice for the King's, while singles went to Sid McKeigan, Bob Arbut'not, Mike (Suds) McElwain and Wayne Harrison. Ralph McMullen scored the lone Port Carling goal.

The Kings begin their play-offs this coming Saturday evening at 8:00 p.m. against Little Britain. Let's have everyone out to cheer the Kings on in what should be a great hockey game.

GIRL'S TEAM HOLDS FIRST PRACTICE

On Sunday night the Mind.n girl's hockey team held their first practice. Over twenty girls turned out for the skating drill and scrimmage.

A fairly large attendance of spectators were on hand to cheer the girls on.

The team is still looking for more girls. Anybody who is interested in playing should contact Darlene Porter.

INCREASED SNOW VEHICLE FATALITIES

More than 30 deaths involving drivers and passengers of snow vehicles have been recorded during this winter season in the Province of Ontario. The O.P.P. have investigated 23 of these life wasting occurrences which claimed 29 persons.

The greatest loss of life from a single cause occurs when machines travelling on lakes and rivers crash through the ice.

In the majority of cases multiple deaths involving both drivers and passengers are the result. To date 14 persons have died in only 9 separate sinkings.

In spite of constant warnings operators fail to recognize obvious dangers and the inevitable tragic outcome. The shock of being plunged into ice cold water and the rapid paralyzing effect on the body are quick to render the victim helpless. Add to this the overpowering weight of heavy, water-soaked, winter clothing and you complete the fatal combination.

The obvious danger periods are most certainly at the beginning and end of the season or during prolonged periods of milder weather. However, other factors also influence the thickness, quality and the presence of ice: fast moving current, underground springs, pressure cracks and the separation of ice fields. There can never be any period of guaranteed safety.

The O.P.P. urge the drivers of snow vehicles to exercise the utmost of caution when driving on ice. You can never give too much respect to those things that will take your life.



SPORTS CORNER

with CLIFF BURKE

SNOOKER TOURNAMENT — John Hobbs, owner of the Minden Billiard Hall held a Snooker Tournament last Monday evening and Ted Pike walked off with top honors after seven great games.

In the quarter-finals Ted was taken the full three games before he finally edged out one of the finer snooker players in this area, Percy Gabb. He then met young John Swann, a fast rising snooker player in his own right, and downed him in two straight games. The final featured Jim Walker as Ted's opposition. Ted had very little trouble with Jim, taking him in two straight games as well, not at all what everyone expected.

BOWLING — The Major Men's Commercial Bowling League continues to be a three team dog fight for top honors. Haliburton Highballers came up with a big 5-2 victory over last week's first place team, Modern Electric. The five points moved Haliburton into a two point first place lead, 89 to 87 over Modern. The Rockcliffe Beer Nuts kept pace with a 5-2 defeat of Cox's Colts. Rockcliffe now is in third with 83 points. The final match of the evening saw Miles Roadrunners edge Ingoldsby 4-3.

MINOR HOCKEY — There were fifteen games played this past week in Minden Minor Hockey with Minden picking up seven wins, six losses and two ties.

The Midgets split their games this week losing 8-2 to Haliburton and then defeating Coboconk by that same score. In the Haliburton game John Welch and Al Trepanier scored for Minden. Al Trepanier with two goals and John Welch, Barry Shaw, Lauri Swann and Randy Anderson scored singles in the Coby game.

This marked the end of the season for the Midgets giving them a fourth place record of 9-11 behind Bobcaygeon, Haliburton and Kinmount.

The Bantams ended their season this week as well, playing three games and losing them all. They were blanked 9-0 by Bobcaygeon and 8-2 and 6-0 by Coboconk. Shayne McKelvey and Doug McNab scored for Minden in the Coby game.

In Pee wee action this week the A team ended their season with a win and a tie over Coboconk. David Arbutnot in the tie game, Tom Gough with two and Brian Shaw in the victory rounded out the Minden scoring.

In the Pee wee B action their were three games this week. The B's won two, 5-3 over Wilberforce, 4-2 over Haliburton and lost 5-2 to Kinmount. Kirk Bull had six goals this week while Stewart Russell notched two along with Brian Hogg. A single went to Rex Anderson.

The Novice A team came up with a victory as well last week downing Coby 5-2. Harold Porter had the hat trick while Leslie Booth just back after sitting out a couple of games with a knee injury scored twice.

The Novice B's came up with a close 3-2 victory over Wilberforce on Saturday giving them their first victory in four starts. Casey Cox, Dennis Stribbling and Warren Mann each had singles for the winners.

The Mite B's played to a 1-1 tie with Kinmount on Saturday, with Bret Porter getting Minden's goal. The Mite A team played a game against Kinmount on Sunday in Minden and won 2-1, but the game is under protest I understand, due to the use of three novice players by Kinmount.

BROOMBALL — In exhibition broomball played this past Monday evening, the Minden Hylanders blanked the Horseshoe Lakers 3-0. The Hylanders will be tangling with the Red & White Tel-Stars next Monday evening at 8:30 for all those fans wishing to attend.

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Breakthrough Week at St. Paul's February 18th - February 25th

Throughout the week of February 18 - 25, The Reverend Kenneth Patterson will be at St. Paul's Rectory in Minden, together with Sister Juliana, CSC. Fr. Patterson is Rector of the Anglican Church of St. James' Merriton, and Dean of the Niagara Leadership Conference in the Diocese of Niagara. Sister Juliana is a member of St. Michael's Convent, Community of the Sisters of the Church. An accomplished guitarist, she is well known across Canada for conducting children's missions, and recently for her work with ex-convicts, whom she refers to as "my boy friends". Fr. Patterson and Sister Juliana will attend house meetings throughout the area during the day, meet with student groups, service clubs and parish organizations and conduct special events at the church each evening through the week.



Minden Progress

THURSDAY, FEBRUARY 8, 1973

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**WEST GUILFORD
COMMUNITY CENTRE**

The meeting was opened by Mr. Prentice, Chairman. The minutes of the last meeting were read. Moved by Ray Jenkins, seconded by Ken Sawyer, that the minutes be adopted as read. Motion carried.

Mr. Prentice reported from the special meeting of December 18th, that a special committee was set up to apply for a local initiatives grant to allow for the operation and maintenance of the centre. The application has now been filed with the Department of Manpower and their decision is now being awaited.

Mr. Prentice pointed out that he would be available, on request, (every second Wednesday), for tutoring if there was a demand for it.

Moved by Harry Hobden, seconded by Ken Sawyer, that Eugene Ripley be paid for 45 hours of labour at the rate of \$2.50 per hour, for repairs and maintenance to the centre. Motion carried.

Moved by Harry Hobden, seconded by Ken Sawyer, that Ray Jenkins have the piano tuned and repaired. Motion carried.

Anyone interested in forming a group or band could contact Ray at 754-2256.

Moved by Jackie Barry, seconded by Ray Jenkins that the accounts to Whitfield Plumbing and the Red Cross Swimming Program, be paid. Motion carried.

Eugene Ripley asked that anyone interested in taking a St. John's Ambulance Course, contact him at 754-2057.

Moved by Harry Hobden, seconded by Ray Jenkins that Eugene Ripley approach local plumbers in view of purchasing a second-hand pump for the skating rink. Motion carried.

Moved by Leon Jones, seconded by Harry Hobden, that ten stacking tables be purchased for the centre. Motion carried.

Moved by Harry Hobden, seconded by Joy Fielding that a rate of \$4.00 per hour apply to private rental of the skating rink. Motion carried.

Moved by Jackie Barry, seconded by Ken Sawyer, that the meeting be adjourned until February 7th, at 7:30 p.m. Motion carried.



ABOUT THE TOWN

with Jeanne Sears



Now Canadian Troops with those of Indonesia, Hungary and Poland are in Viet Nam to help with the Peace Settlement. Hopefully all will go well and Peace may be restored in that Country.

Charlotte O'Neill and relatives left last week to enjoy a Bus Tour in U.S. and Florida.

Montreal will have the Olympics and to defray the cost will have a lottery and sale of special stamps. Perhaps some of our athletes may show better results this time especially when competing in their own country.

The Rotary began having their Bingos at the Hyland Crest Auditorium last Thursday night and congratulations to Mrs. Bessie Archer who won the Jackpot of \$250 in 58 numbers called.

Was given this item by a friend — 60 Second Sermon "It wasn't raining when Noah built the Ark".

At the Mini Card Party last Thursday afternoon at the Parish Hall winners were for cribbage Cora Hewitt (one point from a perfect score) and Mary Maidens; for euchre two high scores held by Alice Clark and Mae MacArthur. Anyone is welcome to join this and we start at 1:30 and also serve a cup of tea or coffee and mini lunch.

All her friends send good wishes to Mrs. Bud Anderson who is at Ross Memorial following surgery.

Lt. Robert Davidson, wife Barbara and family of Ottawa spent the Carnival weekend at their cottage.

Sincere sympathy to the family and friends of the late Mrs. John Francis and also to Mrs. Earl Palmer and family on the death of her mother.

At the L.O.B.A. Card Party at the Orange Hall on Jan. 29th winners were for cribbage, Diane Stevens and Lyman Cox; for euchre, Evelyn Robinson, Phil Robinson, Terri Cox and George Hewitt. Evelyn also took the Lone Hand on a cut of cards with Phil. After the games all enjoyed a social half hour and delicious lunch served by the ladies. These card parties are held the last Monday of the month.

We went to our optometrist Paul Dowdall at Haliburton last week. How lucky we are to have his services in our County though anyone would need an appointment and he is only there on Thursdays and is at the Medical Centre in the Basement.

Noticed that there are Trail Maps available at small cost to snowmobilers. On looking over one we were amazed to see how far you may travel without going near villages. Be sure and consult others before travelling over unknown trails especially over lakes.

Still some snow left but a crust on most of it but guess we will get more snow yet, and it rained on Tuesday second.

Cheerio until next week.

MINDEN ROTARY BINGO

BINGO

EVERY THURSDAY NIGHT

\$250.00

JACKPOT

ALSO SNOWBALL GAME

HYLAND CREST SENIOR CITIZEN'S HOME

8 P.M. SHARP — 21 GAMES

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FOR

**HALIBURTON COUNTY SNOWMOBILE
ASSOCIATION TRIP**

TO

HALIBURTON WILDLIFE RESERVE

COST \$2.00 PER PERSON

(includes meal - weiners and beans)

DEPARTURES

Minden Area — 10 a.m. Fairgrounds,

Haliburton Area — 10:30 a.m. Rotary Park, Head Lake

Dorset Area — 11:00 a.m. Old Mill Marine

Whitney area — Check with Whitney Snowmobile Club

Harcourt and Cardiff area — Check Cardiff Snoopers

Open to all association members and prospective members. Everyone welcome.

FIRST MEETING OF MINDEN RECREATION COMMITTEE

The first meeting of the Minden Recreation Committee was held on Tuesday, January 9, at the Municipal Building.

Present at the meeting were: A. Grier, L. Scott, N. Harrison, M. Welch, D. Pritchard, A. Coneybeare, Reeve R. Booth.

The following persons were nominated for Chairman by R. Parisotto: A. Grier, N. Harrison, L. Scott.

L. Scott - A. Grier: That N. Harrison be appointed as Chairman of the Minden Recreation Committee for the year 1973. Carried.

The following persons were nominated for Vice-Chairman by R. Parisotto: A. Grier, L. Scott. The decision was reached by drawing of lots between the two nominees. A. Grier - A. Coneybeare: That L. Scott be appointed as Vice-Chairman of the Minden Recreation Committee for the year 1973. Carried.

L. Scott - A. Grier: That the regular meeting be held on the first Thursday of each month at 7:30 p.m. Carried.

R. Parisotto - A. Grier: That L. Scott be Chairman and Muriel Welch, Assistant Chairman for the Minden Playground Program for the year 1973. Carried.

R. Parisotto - A. Coneybeare: That the Playground Supervisors who worked last year to serve again, and further to advertise for any necessary replacements as soon as possible. Carried.

L. Scott - A. Coneybeare: That a Committee composed of R. Parisotto, Al Grier and Muriel Welch and one each from Minor Ball and the Girls Softball Association, Minden Merchants and Stedman Raiders to prepare plans, specifications and cost estimates for a new Ball Diamond with lights in Minden Park. Carried.

A. Coneybeare - M. Welch: That a Committee composed of Al Grier and R. Parisotto be appointed to investigate the possibility of tennis courts in Minden Park.

The Secretary-Treasurer was directed to contact the various organizations regarding the submissions of their budgets.

R. Parisotto - D. Pritchard: That we do now adjourn. Time: 10:30 p.m. Carried.

The Annual Meeting

of the

MINDEN AGRICULTURAL SOCIETY

will be held

FRIDAY, FEBRUARY 9th at 7:30 p.m.

in the

Auditorium of the Hyland Crest Home

EVERYONE WELCOME

NOW OPEN

SUNNY ROCK LODGE

On Scott's Dam Road and Canning Lake

RESTAURANT

"SNOWMOBILERS WELCOME"

Snowmobile Across Canning Lake

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Banquet by Reservation

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We Also Rent Snowmobiles Every Saturday

Snowmobilers Discoteque

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ADELAIDE DANIELS



SAYS

A MATTER OF BALANCE

Some women can be attractive in spite of, and sometimes because of, being on the slightly buxom side.

But those who cross the line into obesity lose self-esteem because they lose attractiveness for others.

Excess poundage cuts you off socially from many people. That's even worse to some than the fact that excess weight can shorten your life, or cause you to drag through the years with an increased tendency towards diabetes, heart disease and all sorts of digestive problems.

Obesity is almost always just the result of regularly eating more food than your body can handle.

When I say, "more food," that doesn't mean amount alone. What you eat is just as important as how much.

For instance, an extra pat of butter or a chocolate cream, above your particular body's needs each day, can add almost a pound a month. Double or triple that extra food, and you gain that much faster.

On the other hand, a handful of radishes, some cucumber sticks, a dozen stalks of celery or a cup of bouillon in addition to your day's food needs, probably would have no effect on your weight. The same is true of such things as diet pop, clear tea or coffee, and such bulky vegetables as cabbage, endive, lettuce, spinach, mushrooms and watercress.

What I'm saying is, that it's a concentrated diet of concentrated foods that causes the trouble. In my opinion, bulky foods and those high in water satisfy a gaunt feeling without adding weight.

Remember first of all to consume the daily basics as recommended in Canada's Food Guide. You'll get your milk; fruits and vegetables for bulk, minerals and vitamins; proteins to build and repair body tissues, in the form of meat, fish, poultry or such things as cheese and eggs; and enriched bread for energy and B vitamins. These are the foods you need, whether or not you are watching your weight.

Choose and prepare the basic foods in ways that help you maintain a normal, healthy weight over the years. Watch the scales, and adjust your food intake so that you never exceed your ideal weight.

(Adelaide Daniels is Founder & Director of Weight Watchers of Ontario Limited.)

Public Speaking Contest

FOR ELEMENTARY SCHOOLS
IN HALIBURTON COUNTY

Will Be Held In The Auditorium
of the

HALIBURTON HIGHLANDS SECONDARY SCHOOL

TUESDAY, FEBRUARY 13, AT 7:30 P.M.

MICHIGAN SNOWMOBILE CLUB VISITS HALIBURTON

Thirteen members of the Peninsula Pathfinders snowmobile club of Marquette, Michigan were guests of the President of the Haliburton County Snowmobile Association Tuesday night, January 23rd of the end of the fifth day of their 1200 mile safari from Michigan to Maine. The group consists of nine riders with a four man support crew and two road vehicles — a bus and a pickup truck.

Due to the mild weather that day which made for soft trails and slushy lakes, the day's ride from Parry Sound was called off at Dwight and the machines trailered to Haliburton. This was unfortunate for it meant missing some of the best trails in the County. Trails that had been given special attention by the work crew at Haliburton Forest.

On the sixth day conditions were better. Led by Roy Bates, HCSA President with only the County Trail Map and his knowledge of the country as a guide, and accompanied by Don Pasquino, President of the Donald Windigos snowmobile club, the group was on its way by 9 a.m. to Maberly, the next scheduled stopover. After several delays while keels were replaced or other adjustments made, and on one stretch of trail several machines bogged down on detours around mudholes, they reached Bancroft by 1:30 p.m. At that point the escort left them and returned to Haliburton.

Ray Frieberg, the Pathfinder's trail boss, lavishly praised the hospitality extended to his group and the co-operation and assistance given them by the HCSA.

Last winter this club travelled from Michigan to West Yellowstone, a distance of 1600 miles, in 13 days. Next year they are planning a safari to James Bay, and the following year they hope to make Alaska.

SPECIAL MEETING OF COUNCIL

A special meeting of Council was held Sunday, January 7, commencing at 9:00 a.m. with Reg Booth in the Chair.

Present at the meeting were Deputy Reeve D. Pritchard, councillors A. Coneybeare, R. Gorrie, F. Welch and Richard Parisotto, clerk-treasurer.

Interviews were held with various applicants and the following by-law was passed.

D. Pritchard, R. Gorrie: that By-Law No. 73-4 having been read a first time, be considered as read a second and third time and passed.

Being a by-law to appoint Mr. Brian Sisson as Arena Custodian for the Townships of Anson, Hindon and Minden. Carried

REMINDER TO THE TAXPAYERS OF THE TOWNSHIPS OF ANSON, HINDON & MINDEN

RE: ONTARIO'S PROPERTY TAX CREDIT PLAN

When calculating your tax credit on your income tax form, you are reminded to include any water frontage local improvement charges paid for 1972.

For information on filing the property tax credit, contact the District Taxation Office in Belleville.

Richard Parisotto A.M.C.T.
Clerk-Treasurer
Townships of Anson, Hindon
and Minden
Box 98,
Minden, Ontario.

TICKETS ON SALE FOR

Valentines Dance

at LEGION AUDITORIUM
HALIBURTON

SATURDAY, FEBRUARY 17
9:00 p.m. to 1:00 a.m.

at LEGION CLUB ROOM
or Phone Cecil Bailey 457-2897

Music by

"J" AND THE RHYTHM ARIES

Refreshments and Snacks

Part of the proceeds will go to retarded children

Admission: \$5.00 per couple

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Anglican Bishop Here To Visit In Breakthrough Week

The Reverend Andrew Hutchison, Incumbent of the Parish of Kinmount and Minden and Pastor of St. Paul's Church recently announced details of "Breakthrough Week" to be held at St. Paul's Anglican Church for 8 days in February, beginning Sunday, February 18th. Father Hutchison says that The Right Reverend Allan A. Read, Suffragan Bishop of the Diocese of Toronto will be in Minden on Monday evening, February 19th to lend his encouragement and support to the parish planning committee and the two leaders of the week's program. The Rev. Ken Patterson and Sister Juliana, C.S.C., will be staying in Minden throughout the week.

Breakthrough Week is intended to provide members of our community, and of St. Paul's Church in particular, an opportunity for a careful and intensive look at the Church and the Christian life, aimed at renewal. Fr. Patterson is a summer parishioner of St. Paul's, having rented a cottage on Mountain Lake for several summers. He was Rector of the Anglican Church of St. Simon in Oakville where Fr. Hutchison conducted a week-long mission in 1971.

Presently he is Rector of St. James' Church, Merriton and Dean of the Niagara Leadership Conference for young people in the Diocese of Niagara. Sister Juliana is a member of the St. Michael's Convent (Oakville) of the Sisters of the Church, an Anglican religious order whose mother house is in England. The Sisters operate St. Mildred's Lightbourn School in Oakville. Sr. Juliana has become well known for her conduct of childrens' missions across Canada, and as a "senior citizen" may be one of the first guitar-playing nuns. Her present apostolate finds her frequently in court and in contact with penal institutions ministering to those who are in trouble with the law, as well as to those who are trying to find a place in life following a prison term.

Each evening during Breakthrough Week from 7:30 - 9:30 p.m. special events are planned at St. Paul's Church under the leadership of Fr. Patterson and Sister Juliana, and all evenings are open to the public. Bishop Read will be in attendance on Monday evening only. A first class selection of literature geared to the themes of each

evening is on display in the parish hall, where coffee is also available throughout the week. Hot drinks will be provided for those who wish to bring a sandwich and stay for lunch after the services. A "question box" will be established near the door of the Church and each evening following a hymn sing at 7:30 p.m. the two directors will answer questions for 15 minutes. Fr. Patterson and Sr. Juliana will also be available for private interviews in the Rector's study between 4:30 p.m. and 5:30 p.m. each day of the week.

Throughout the day Fr. Patterson and Sister Juliana will attend morning and afternoon coffee hours throughout the community. From 2 p.m. until 3 p.m. on Tuesday they will attend a coffee hour for all comers at the K & W Restaurant to provide an opportunity for shoppers and business people to meet them. Also on Tuesday they will conduct services at the Hyland Crest Chapel and attend coffee hour in the lounge for residents following the service. Visits to the Minden Red Cross Hospital and to classes in the Archie Stouffer School are also on their itinerary. Towards the end of

the week they will travel by snowmobile to Bob Lake where Reg and John Welch will host them at a fish hut coffee break on the ice. Sister Juliana will also spend time with the Minden Junior Choir and with the Altar Guilds of the churches in the parish, as well as with the children of St. Paul's Church School. Fr. Patterson will speak to a men's breakfast on Saturday before the Bob Lake trip, and earlier in the week will meet with St. Paul's Confirmation Class.

The final day of Breakthrough Week will be celebrated with a Folk Mass at St. Paul's at 11:00 a.m. where the Minden Junior Choir will sing the REJOICE mass assisted by instrumentalists. A congregational dinner, which is open to the public (pot luck) will follow, sponsored by St. Paul's Sunday School. The Church is asking its own members, as far as possible, to give their Church top priority during this one week. To make this easier, the young people have offered a free baby sitting service each night of the week to those who wish to attend Breakthrough, and a free transporta-

tion service to and from the Church has also been arranged. Further information will be found in the Breakthrough Week programs which are circulating around town, or by calling the Church office at 286-2541.

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MINDEN, ONT.

TOWNSHIP OF SOMERVILLE INAUGURAL MEETING

The 1973 inaugural meeting of the Council for the Township of Somerville was held in the Municipal office, Monday, January 8th at 5:00 p.m. All members in attendance. The first order of business was the oath of office for the members of Council. Reeve, Maurice Watson; Deputy Reeve, Doris Winchester. Councillors, Boyd Austin, John Dettman, Carmon Wood.

Rev. Hutchinson, Pastor of the Anglican Church in Kinmount assisted the Inaugural meeting with prayer.

The Reeve and members of Council spoke briefly. The Reeve thanked the members for their support in the past year and requested their full support in the two years ahead. Maurice Watson thanked Rev. Hutchinson for taking of his time to attend the meeting. It was appreciated by all members of Council.

By-Law 73-01 Being a By-Law to authorize the borrowing of up to \$100,000. from the Canadian Imperial Bank of Commerce. Moved by Carmon Wood, seconded by John Dettman that by-law 73-01 be read the first and second time. Carried. Moved by Boyd Austin, seconded by Doris Winchester that by-law 73-01 be read the third and final time, passed by 2-3 vote, signed by the Reeve and closed with the Corporate Seal attached. Carried.

It was moved and passed that the minutes of the Council meetings be forwarded to each member after each meeting. Minutes will be passed as circulated at

next meeting. Carried.

Carl Baldwin and Leo Hannivan waited on Council re installing artificial ice in the Coboconk arena. After a lengthy discussion Council informed them they would give it further consideration and would inquire about building restrictions and hydro.

It was moved and passed that we subscribe for 7 copies of Municipal World.

Moved by Boyd Austin, seconded by Doris Winchester that the membership fee of \$25.00 be paid to the Good Roads Association. Carried.

It was moved by Doris Winchester, seconded by John Dettman that a grant of \$25.00 each be given to the Salvation Army and Muscular Dystrophy. Carried.

The following members were appointed to the Community Centre Boards in the Township. Boyd Austin and John Dettman, Kinmount Community Centre Board. Carmon Wood, Doris Winchester, Coboconk Arena Board. Maurice Watson and Doris Winchester to the Baddow Community Centre Board.

Moved by Carmon Wood, seconded by Doris Winchester that we pay the membership fee of \$30.00 to the Association of Municipalities of Ontario. Carried.

It was moved and passed that Road Voucher No. 12 be paid.

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The position is in Haliburton and is from March 1st until September 30th.

Please send letters of application by February 15th, 1973 to:

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Peterborough, Ontario
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LADIES' SLACKS, COATS, PANT SUITS,
SHOES AND MANY OTHER ITEMS



FRIDAY & SATURDAY

February 9 - 10

HANNIE CAULDER

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Adult Entertainment

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LOVE STORY

Ali MacGraw - Ryan O'Neal

Adult Entertainment

SUNDAY ONLY

February 11

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18 YEARS OF AGE
OR OVER

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SWEDEN**



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February 9 - 10

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SPECIAL MEETING OF COMMUNITY CENTRE BOARD

A special meeting of the Community Centre Board was held on Tuesday, January 23, 1973, with Norman Harrison in the chair.

R. Parisotto, D. Pritchard: That the minutes of the meeting of January 9, 1973 be approved. Carried.

M. Welch, R. Parisotto: That the kind offer of the Rotary Club to purchase a Time Clock for the new Community Centre be accepted with thanks by letter from this Committee. Carried.

M. Welch: That this Committee accept with thanks the kind donation of a 30" electric range for the Auditorium of the new Community Centre by Pritchard's Electric. Carried.

It was confirmed that all ice-resurfacing time would be deducted from both teams or organizations involved.

When ice is finally available the Secretary is to advise the Public School and any other organizations concerned.

A. Coneybeare, D. Pritchard: To have the Secretary contact Mr. Pettinger in regards to having the Carnival Committee police the roped area or contact an organization such as the Fire Department to act for them. Carried.

The arena Custodian was directed to arrange for certain matters including the time clock, speakers, benches, cash box, nets, scrapers, rubber belts, safety railings and fire extinguishers.

R. Parisotto, D. Pritchard: That the ice rental rates be established as follows:

Local Hockey & Figure Skating Associations \$8.00 per hr
Other local organizations or individuals \$10.00 per hr
Other outside organizations or individuals \$12.00 per hr
Public Skating Adults 50¢
Children 25¢ (13 years & under)
Carried.

Meeting adjourned at 9:40.

Cancer can be beaten.

Canadian Cancer Society

THE MINDEN FIGURE SKATING CLUB

will sponsor

Skating For "Pre-Schoolers"

MONDAYS 2:00 to 3:00 o'clock

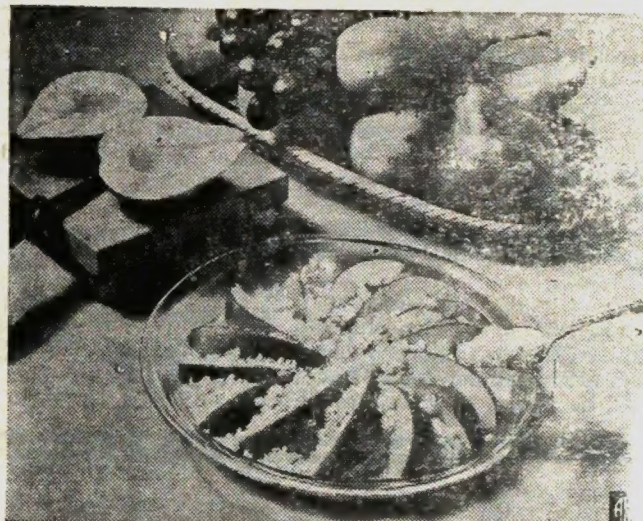
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MRS. SYBIL HOPE or MRS. GALA STAMP

286-1718

286-1564

Fresh Pear Kuchen Warms The Winter Table



Slices of juicy ripe pears topped with spiced, buttery crumbs makes Fresh Pear Kuchen a grand finale to any meal. Serve it slightly warm with whipped cream or with a wedge of pungent cheese such as Roquefort or Bleu.

Pears reach their peak of goodness after they are picked. To ripen pears at home, place in a paper or film bag with a damp sponge or wad of cotton to supply humidity. Hold at room temperature until pears are fully ripened. If a film bag is used, it should have some holes in it.

Take advantage of the good supplies of winter pears in the market now. They're ideal for easy salads, for preserves, pickling or freezing. Only 100 calories in a good size pear 2 inches long by 2 1/2 inches in diameter, 182 grams, which is welcome news to the diet conscious.

Fresh Pear Kuchen

- | | |
|--|---|
| 1 cup sifted all-purpose flour | 2 large fresh pears, cut in 1/2-inch slices |
| 2 teaspoons baking powder | 1/2 teaspoon ginger |
| 1/2 teaspoon salt | 1/4 teaspoon nutmeg |
| 1 tablespoon plus 1/2 cup sugar, divided | 1/2 teaspoon grated fresh lemon rind |
| 3 tablespoons shortening | 2 tablespoons butter or margarine |
| 1/2 cup milk | |

Sift together flour, baking powder, salt and 1 tablespoon sugar. Cut in shortening with pastry blender or two knives until mixture resembles oatmeal. Stir in milk. Spread dough in the bottom of a buttered 9-inch pie plate. Arrange sliced pears on top of dough. Combine spices, remaining 1/2 cup sugar and lemon rind and mix with butter or margarine to form coarse crumbs. Sprinkle over pears. Bake in 375°F. oven 30 to 35 minutes or until pears are tender and a cake tester inserted in center comes out clean. Serve warm, cut into pie shaped wedges, with whipped cream if desired.

Makes: 6 servings.

USE CLASSIFIED ADS TO BUY, SELL, SWAP RENT OR HIRE

THURSDAY, FEBRUARY 8, 1973

FOR SALE

1972 Vega G.T., needs body work. Will take trade \$1400.00 Phone 286-1898.

One Leader mb. electric organ, 8 foot chord, double manual and all controls. Spinett type. 4 1/2 years old. Phone 286-1288 after 7 p.m.

1967 Meteor, 4 door sedan, 6 cylinder, automatic, power brakes and steering, white walls, block heater, original paint and owner, with D.T.O. certificate. Must be seen to appreciate condition. \$900. Bill Hamilton, Hawk Road, Hall's Lake, phone 489-2825.

Two All terrain vehicles for sale for more information phone 286-1964 after 5 p.m. ask for Mike

1973 Olympic Ski-doo, 15 h.p. double trailer, nylon cover. Wor at Minden Winter Carnival Phone 286-1751.

1965 Dodge, V-8, good condition \$395.00. Phone 489-2842.

FREE

Female hound 13 weeks old. Phone 489-2181 after 5:30 p.m.

WORK WANTED

Typing to do at home. Will pickup and deliver. Phone 286-1012 after 6 p.m.

WANTED

Board and care for quiet, house-trained, spayed, female dog. Occasional periods of a day to several weeks. Phone 489-2866.

Reliable mature lady for week-end night work. Washing and cooking. Call for appointment 489-2250.

BIRTH ANNOUNCEMENT

Mr. and Mrs. Robert Ackerblade nee (Pat Austen) would like to announce the arrival of their son Robert William James 9 lbs. 1 oz., born Jan. 26. First grandson of Mr. and Mrs. Wilfred Ackerblade.

FOR RENT

A 6 room farm house on hwy 121 north, hydro, well water, oil heat, \$50 per month to a reliable tenant. Phone 286-1751.

Duplex — centrally located in the village of Haliburton. Freshly decorated, large living room, kitchen with dining area on ground floor, two upstairs bedrooms with bath, unfinished basement. Call Mrs. Fisher 457-1009.

HELP WANTED

Experienced janitor, for year round hotel. \$75.00 per week, to start, meals included. MUST have references. Apply Dominion Hotel 286-1751.

Experienced waiter or waitress for fully licensed lounge, year round job at resort hotel. MUST have references. Apply Box B, Minden Progress, Minden, Ont.

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Septic Tanks cleaned out, reasonable rates. Contact Joe Rivers 286-2057 Minden.

SEPTIC TANK PUMPING, Service when you need it. Jack E. Boughner and Son, Telephone 457-1178 or 457-1525 Haliburton

MARINE and Small Powered Equipment Mechanics specializing in service to Snowmobiles, Chainsaws, Lawn Equipment Outboard Motors, etc., Licenced Motorcycle Mechanic Allin S. Cooper, R.R. No. 1, Minden, Phone 286-2771.

LAND WANTED

A Fast Cash Deal for cut-over land, scrub bush, surface rights abandoned farms and inaccessible waterfront. Send location, price, to Orville Morley, Norval, Ont.



COMING EVENTS

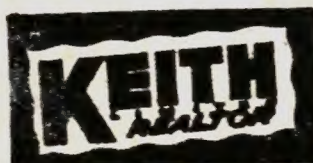
The Second Annual Snowmobile Rally will be held on February 18th, beginning at 1 p.m. Starting point will be the Haliburton Marine. Plan to bring your family and friends for an afternoon of winter fun. Baked beans and hot chocolate at the finish line. Prizes. Trophy. Admission fee \$2.00 per machine. Registration begins at 12:30.

IN MEMORIAM

KELLAR, Carman — In loving memory of a dear husband and father who passed away Feb. 11 1972.

Sadly missed along life's way, Quietly remored every day, No longer in our life to share But in our hearts you are always there.

Lovingly remembered by wife Mamie and family.



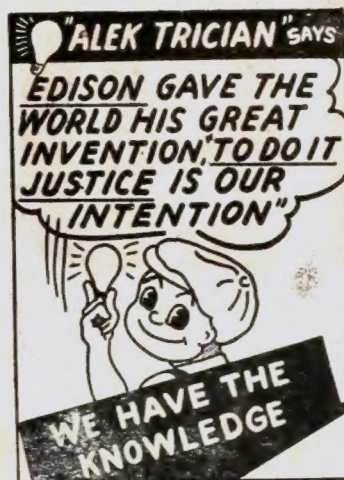
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3 BIG DAYS !! THURSDAY, FRIDAY, and SATURDAY

MINDEN PHONE 236-1748

BRANDED — THICK CUT — STEAKS or ROASTS

Round Steak

1.39c lb.

WELL TRIMMED — TENDER — AGED JUST RIGHT — BONE IN

Rump Roasts

1.39c lb.

THE COOL WEATHER FAVORITE — BONELESS

Stew Beef

1.08c lb.

BURNS LIGHTLY SMOKED — RINDLESS

Campfire Bacon

99c lb.

ALWAYS TENDER — IDEAL FOR STUFFING

Beef Hearts

67c lb.

"FOR SWEET and SOUR OR JUST PLAIN PICKIN"

Chicken Wings

43c lb.

WELL TRIMMED — TENDER RED STEER STEAKS

Wing Sirloin or T-Bone

1.47c lb.

8-oz. — Instant

RED & WHITE COFFEE \$1.19 LB.

Buy of the Week — 15-oz.

PEP DOG FOOD 10 FOR 99c
CASE OF 48 TINS Only 4.69 case

1-oz. Envelopes — 12 to Pkg.

CARNATION HOT CHOCOLATE 69c PKG.

1-lb. Packs — Tenderflake

MAPLE LEAF LARD 28c LB.

2 Roll Pak

KLEENEX TOWELS 59c PKG.

Gingerale or Orange — No Return Quarts

CANADA DRY POP 3 FOR 79c

Price Buster — 10-oz. Tins

HEINZ TOMATO SOUP 10 FOR 99c

16-oz. Packages — Catelli

MACARONI OR SPAGHETTI 2 FOR 49c

SUNSHINE FRESH PRODUCE!

USA — No. 1 — Firm - Green

CABBAGE 12c lb.

Florida — No. 1 — Extra Sweet

TEMPLE ORANGES 49c DOZ.

FROZEN FOODS

Supreme — 2-lb. Poly

KERNEL CORN 55c BAG

12½-oz. — Butter Streusel

SARA LEE CAKES 89c EA.

Highliner — 16-oz. Packs

OCEAN PERCH FILLETS 87c EA.

EXTRA — BONUS BUY

16-oz. Packages — Maple Leaf

CHEESE SLICES 89c PKG.